GIVUS Calibration

| GMT | Crew | Activity |
|-------------|-----------|---|
| 06:00–06:10 | | Morning inspection |
| 06:10-06:40 | | Personal hygiene (post-sleep) |
| 06:40-06:50 | CDR | Calf volume measurement |
| 06:40-06:50 | FE-2 | ? ? -8: setup |
| 06:50-07:00 | FE-1 | Calf volume measurement. |
| 06:50-07:05 | CDR | Body mass measurement |
| 07:00-07:10 | FE-2 | Calf volume measurement. |
| 07:05–07:20 | FE-1 | Body mass measurement |
| 07:20-07:35 | FE-2 | |
| 07:25–08:15 | CDR, FE-1 | BREAKFAST |
| 07:35–07:45 | FE-2 | ? ? -8: concluding ops |
| 07:45-08:35 | FE-2 | BREAKFAST |
| 08:15-08:45 | CDR, FE-1 | Work prep |
| 08:35-08:45 | FE-2 | Work prep |
| 08:45-09:10 | FE-1 | Daily payload status check |
| 09:00-09:10 | FE-2 | Setup for PAO media event |
| 09:10-09:25 | | Daily planning conference |
| 09:30-10:30 | CDR | Leak-proofing of couplers in ???2 fluid lines |
| 09:30-10:30 | FE-1 | Physical exercise (TVIS) |
| 10:30-12:00 | FE-1 | Physical exercise (RED) |
| 10:30-11:00 | CDR | Downlink of TV address (congratulatory address for R&K company) |
| 11:00–12:00 | CDR | Physical exercise (active rest) |
| 11:00–12:00 | FE-2 | Progress transfer with IMS support |
| 12:00-13:00 | | LUNCH |
| 13:00–13:55 | | Progress transfer with IMS support |
| 13:55–14:05 | | Prep for PAO media event |
| 14:05–14:25 | | PAO media event: 50 th anniversary of NBC |
| 14:25–15:30 | FE-2 | |
| 14:25–16:00 | FE-1 | Progress transfer with IMS support |
| 14:25–15:00 | CDR | |
| 15:00–16:00 | CDR | Replacement of ??? hardware components |
| 15:30–16:30 | FE-2 | Physical exercise (TVIS) |
| 16:30–18:00 | | Physical exercise (RED) |
| 17:00–18:30 | CDR | Physical exercise (active rest) |
| 18:00–18:30 | FE-2 | Delta file prep |
| 18:30–19:00 | | Review of plan for upcoming day |
| 19:05–19:20 | | Daily planning conference |
| 19:20–19:30 | | Report prep |
| 19:30–20:00 | | DINNER |

| 20:00–20:30 | Daily food ration prep |
|-------------|------------------------------|
| 20:30–21:30 | Personal hygiene (pre-sleep) |
| 21:30-06:00 | SLEEP |

Notes:

- See OSTP for references to US activities
 Task List (in spare time) activity for CDR: Prep for REGUL-Packet hardware replacement per r/g 2577 (40 min)

End of radiogram